



# ~ NOVEMBER ~

November 2009

## LEEZA'S PLACE BY WELLMED@ THE BOB ROSS SENIOR CENTER

*2219 Babcock Road San Antonio, Texas 78229 ~ Tel207-5310 ~ [www.leezasplace.org](http://www.leezasplace.org)*

**"The best way to prepare for life is to begin to live."**

Albert Hubbard

### EDUCATION

#### EDUCATION:

- Exploring Community Resources (Every Friday at 1pm)
- Memory Media Center (Books and CDs available for check-out)
- Estate Planning Essentials (November 17 10:00am-11:00am)
- Nutrition and Hydration (November 4, 10:00am)
- Advance Directives & DNRs (November 25, 10:00am)

### EMPOWERMENT

#### EMPOWERMENT:

- Caregiver Support Group (Every Wednesday November 4,18,25 at 10:00am)
- Alamo Area Stroke Support (Every Thursday November 1,8,15,22,29 at 10:00am)
- Parkinson Stroke Support
- Making Cards (Monday November 9,23,30 at 10:00am.)
- Leeza's Memory Television - LMTV (Available by appointment)

### ENERGY

#### ENERGY:

- Reiki Healing (Monday November 16, 10:00-12:00 noon)
- Embroidering Class (Tuesdays November 3,10,17,24 9:00am)
- "Meditation" (Thursday November 12 10:00am)
- Christmas Ornaments (Tuesdays November 10,24 11:00am)

## EDUCATION

### EXPLORING COMMUNITY RESOURCES –

LEEZA'S PLACE AT WellMed offers Resources for anyone who wishes to stop by to learn about, and/or research resources available in and around our community. Our goal is to help you sort through, and connect with, a variety of community and health-related services available to caregivers and persons with memory disorders or any chronically illness.

- Exploring Community Resources (Every Friday at 1PM)

### MEMORY MEDIA CENTER – Please take advantage of our Leeza's Place Library

LEEZA'S PLACE AT WellMed is a community-based education and resource center designed to provide information about Alzheimer's disease and related memory disorders. The Memory Media Center includes literature, videos, DVD's, books, and computer stations to provide Internet access. Our visitors may view materials at our location in San Antonio, or check them out to review at home.

- Memory Media Center (Books and CDs available for check-out)

## EMPOWERMENT

### CAREGIVER SUPPORT GROUP – Leeza's Place Support Group

LEEZA'S PLACE offer **Caregiver Support Group** sessions that provide an atmosphere of understanding and support for caregivers to explore common difficulties and experiences that come with being the primary caregiver. enjoy the company of other caregivers.

- Caregiver Support Group (November 4,18,25 at 10:00am)

### MEMORY PRESERVATION WORKSHOP – Building & Preserving Family Memories

LEEZA'S PLACE AT WellMed offers an on-going Memory Preservation Workshop for the caregiver and their recently diagnosed loved one. Each workshop is designed to help families create **Family Memory Books**. Our instructor a scrapbooking genius teaches participants how to use materials in an artistic way providing an enjoyable and uplifting experience. All materials are provided; just bring your family photos and enjoy! This workshop is for all levels of scrap bookers from beginners to experience. Please RSVP to 207-5310

- ❖ Participants may attend classes on an ongoing, or "drop in" basis

## ENERGY

“Meditation is not the means to an end; it is the means and the end.”

Krishnamurti

“T’AI CHI –T’ai chi (ti-CHE) is sometimes describing as “meditation in motion” and involves gentle, deliberate circular movements combined with deep breathing. It’s used to: reduce stress, improve balance and coordination, improve muscle strength, increase energy, stamina, flexibility, and agility, and increase feelings of well-being,

Meditation (Thursday November 12 10:00am)

“REIKI” Reiki is a Japanese technique of applying and balancing the energy or meridians (electrical patterns) in the body, mind and spirit. The body’s ability to heal physical ailments increases. Reiki also opens the mind to the necessity for taking responsibility for one’s life; to the joys of balance and wholeness. Reiki will harmonize and embrace their philosophical center point, adding to it their individual concept of life. Carolyn Maloney Reiki Master Teacher, Sensei, since 1995, practicing and teaching REIKI San Antonio Healing Arts Classes, in San Antonio, Texas. She is also the Founder and CEO of Creative Minds Unlimited and REIKI San Antonio.

- REIKI (Monday November 16 10:00–12:00)

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❖ *If you can’t make it for one of our workshops or education sessions, please feel free to stop by anytime to say hello, visit, or use any of our resources.*

- ❖ *Monday–Friday, 9:00 AM – 4:30 PM,*
- ❖ *Other hours available by appointment.*

❖ *The coffee pot is always on!!*

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## “Friends of Leeza’s Place”

Leeza’s Place is a community gathering place offering free supportive services and programs to caregivers and their loved ones.

“Dream as if you'll live forever, live as if you'll die today.”

-James Dean-

## *Can you lend a helping hand?*

*Our hands can do so much more when they also work with our hearts!*

Volunteers of Leeza’s Place share their heart-felt words:

With your help, Leeza’s Place is able to continue to design and offer new services and programs that provide a nurturing and life renewing place for caregivers and their loved ones to prepare for the journey ahead, and to stay on a safe course. We are looking for caregivers, professionals, and friends to help us with:

- ♥ Community Outreach
- ♥ Special Event Ideas & Planning
- ♥ Contribution Coordination with Community Partners

“Why do we volunteer and do the things we do for Leeza’s Place?

1. We do all that we do to give back to Leeza's Place for all they do for us.
2. We do it because it brings us together with others who are walking the same path that we are.
3. We volunteer to make sure that Leeza's Place will always be there for us and for others to come.”

*Jackie - Health First Leeza’s Place, Melbourne, FL*

“We do it because Leeza’s Place gives us a place to go where my loved one can be with people whom are familiar with his situation. He doesn’t have to worry about what he says or does, because no one questions him. It gives him a sense of being needed, pride and responsibility.”

*Vince - Leeza’s Place Volunteer*

Leeza’s Place ~ A Place for Caregivers  
**Education, Empowerment, and Energy**  
Join Us Today ~ Lend a Helping Hand  
210-599-4614  
14100 Nacogdoches Ste. 120

*Celebrate Veteran's and Caregivers at Leeza's Place by  
WellMed at the Bob Ross Senior Center*



*Thursday, November 12, 2009*

*10:00 am*

- ❖ *Finger Prints (San Antonio Police Department)*
- ❖ *Massages (sponsor by Amanda Scott Licensed Massage Therapist)*
- ❖ *Free screenings (sponsor One Source Medical Group)*
- ❖ *Pictures (sponsor by Del Cielo Home Health Care)*

*Refreshments will be served  
(Sponsor by New York Life)*

*Please RSVP (210)207-5310*






# ~ November ~2009 ~

LEEZA'S PLACE at WellMed

(A Tax-Exempt 501(c) (3) Not-For-Profit Organization);

14100 Nacogdoches, Suite 120

San Antonio, Texas 78247

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <i>Scrapbooking</i>	3 <i>Embroidering Class</i> 9:00am <i>Memory Collage</i> 10:00	4 <i>Nutrition and Hydration</i> <i>Jeanenne Petree</i> 10:00	5 <i>Alamo Area Stroke Support</i> 10:30-11:30	6	7
8	9 <i>Pop up cards</i> 10:00-1:00 	10 <i>Embroidering Class</i> 9:00am <i>Holiday Ornaments</i> 10:00am	11 <i>Holiday Veterans Day</i> <i>Office Closed</i>	12 <i>"Meditation"</i> 10:00am <i>Alamo Area Stroke Support</i> 10:30-11:30 <i>Honoring Our Veterans</i> 10:00am	13 <i>Bereavement Scrapbooking</i> <i>Honoring your Memories</i> 10:30-12:00	14
15	16 <i>Reiki</i> <i>Carolyn Maloney</i> 10:00am	17 <i>Embroidering Class</i> 9:00am <i>Estate Planning Essentials</i> <i>Attorney David Butterbaugh</i> 10:00am	18 <i>Caregivers Support Group</i> 10:00	19 <i>Alamo Area Stroke Support</i> 10:30-11:30	20	21
22	23 <i>Card making!</i> 10:00-1:00 	24 <i>Embroidering Class</i> 9:00am <i>Holiday Ornaments</i> 10:00am <i>Parkinson Support Group</i> 10:30	25 <i>Caregivers Support Group</i> 10:00 <i>Advance Directives &amp; DNRs</i> <i>Jeanenne Petree</i>	26 <i>Alamo Area Stroke Support</i> 10:30-11:30	27 <i>Bereavement Scrapbooking</i> <i>Honoring your Memories</i> 10:30-12:00	28
29	30 <i>Card making!</i> 10:00-1:00 			<i>All Programs at Leeza's Place by WellMed @ the Bob Ross Senior Center are FREE OF CHARGE! Hour of operation Monday-Friday 9:00-4:30</i> <i>Care Advocate Marisa Chapa</i> <i>(210)207-5310</i>		

LEEZA'S PLACE is an intimate and safe setting where caregivers and those recently diagnosed with a memory disorder can gather to prepare themselves for the challenging journey ahead. ~ We offer a supportive setting created for the purpose of educating, empowering, and energizing.